



MyPyramid Audio Podcasts

Smart Choices at the Deli Counter

[Intro Music] Welcome to MyPyramid Podcasts, brought to you by the USDA's Center for Nutrition Policy and Promotion. I'm your host, and I'll be sharing tips you can use everyday to eat right and get active.

[Sound Effects: cash register, supermarket, deli/number yelling] When it's your turn at the deli counter, do you know which meats and cheeses to choose? Today, I'll help you make some smart choices in the deli section. Choose lean turkey, lean roast beef, and ham, or other low-fat meats instead of luncheon meats that are higher in fat, such as regular bologna or salami. Go lower fat with the cheese too. Some varieties come in low-fat or part-skim versions, such as mozzarella or provolone.

That's it for today. To find out more information about eating and living healthy, go on our website at MyPyramid.gov for more great tips. Talk to you next time!